

# 20 TIPS FOR weight control



- 1. KEEP A FOOD DIARY.** Write down all the food and beverages you consume for one week. Note the circumstances and time of day (e.g., mealtime, watching TV, while upset, etc.).
- 2. SET REALISTIC GOALS.** Remember you put on the weight over a period of time, and that's how it should come off. A safe rate of weight loss is 1/2 pound to 2 pounds per week.
- 3. DRINK PLENTY OF WATER.** Try to drink between 6 and 8 glasses every day.
- 4. THINK NUTRITION.** Choose food that is high in nutritional value and low in fat and calories (i.e., whole grains, vegetables, fruit and low-fat dairy products).
- 5. CONTROL PORTION SIZE.** Use a smaller plate or reduce the amount of food you put on your plate. When eating out, try sharing an entrée with a friend, or eat half of your meal and take the rest home.
- 6. EAT BALANCED MEALS.** Plan your meals to include food high in complex carbohydrates (e.g., fruits, vegetables, grains, and starches). Reduce the fat in your diet to below 30% per day.
- 7. INCREASE YOUR EXERCISE.** Be physically active every day. Not only does aerobic exercise burn calories, increasing your muscle mass will help burn calories while at rest.
- 8. REMOVE TEMPTATIONS.** Don't buy high calorie or high fat snacks. Throw out candy, chips, junk food and soda. Substitute with fruits, vegetables, unbuttered popcorn, whole grain snacks, and low calorie beverages.
- 9. MAKE SMART CHOICES.** Try to avoid fast food restaurants. If you can't, try ordering a salad, plain baked potato or chicken sandwich.
- 10. READ NUTRITION LABELS.** Reading the labels of the foods you buy can help you choose foods that make up a healthy diet. Check to see what is considered a serving size. Avoid foods high in saturated fat and cholesterol.
- 11. CHANGE HABITS, DON'T JUST DIET.** Use a sensible, safe approach to weight control. For long-term results, concentrate on making gradual changes in your eating habits.
- 12. IMPROVE YOUR COOKING METHODS.** *How* you cook is as important as *what* you cook. Broiling, baking, roasting and steaming are the best methods. Avoid frying.
- 13. CUT DOWN ON ALCOHOL.** Alcohol isn't calorie free. Eliminate empty calories by substituting water or low-calorie beverages.
- 14. AVOID DIFFICULT SITUATIONS.** Eat a healthy snack or mini-meal before going to a get together where unhealthy, high calorie, high fat foods are going to be served.
- 15. JOIN A GROUP.** Look for a group that offers nutritional education, behavior modification techniques and emotional support.
- 16. SHOPPING WISELY.** Make a grocery list and stick to it. Stay away from the snack aisles and try not to shop when you are hungry.
- 17. DETERMINE YOUR IDEAL WEIGHT.** Have a body composition test. Learn how much of your weight is fat and how much is lean muscle mass.
- 18. KNOW YOUR HEALTH CONSEQUENCES.** A lifestyle that promotes excess weight is a lifestyle with added health risks.
- 19. MAKE SUBSTITUTIONS.** The key to successful weight control is replacing unhealthy food with wholesome, nutritious food.
- 20. STILL NEED HELP?** For additional information, ask your Primary Care Manager.